



Jalapeno Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



20

CALORIES



170 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups apple cider vinegar
- ☐ 4.3 cups granulated sugar
- ☐ 1 large bell pepper green
- ☐ 4 jalapeño peppers seeded finely chopped
- ☐ 4 ounces liquid pectin
- ☐ 1 pinch salt

Equipment

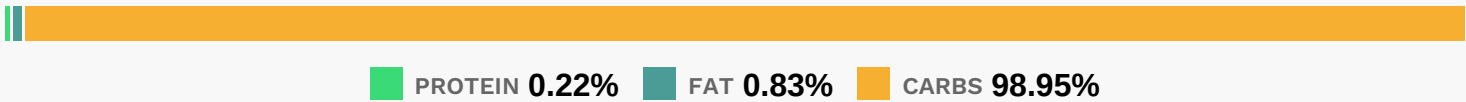
- ☐ food processor

- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Combine the green bell pepper and 12 jalapeno peppers in the container of a food processor or blender. Process until finely chopped. This can be done in batches, if the peppers do not fit.
- ☐ Transfer the peppers to a large saucepan, and stir in the cider vinegar. Bring to a boil, and let simmer for 15 to 20 minutes. Strain the mixture through at least 2 layers of cheesecloth, and discard pulp. You should have about 1 cup of liquid.
- ☐ Return the liquid to the saucepan, and stir in the salt and sugar until dissolved. Bring to a boil over medium-high heat. When the mixture comes to a rolling boil (one that cannot be stirred down), boil for one minute, then stir in the liquid pectin.
- ☐ Stir in the remaining jalapeno peppers, and ladle into sterile jars leaving 1/4 inch headspace. Seal jars in a hot water bath. Refrigerate jelly after seal is broken.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:29.79, Inflammation Score:-1, Nutrition Score:1.1686956765859%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 170.46kcal (8.52%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 42.84g (15.58%), Sugar: 42.8g (47.55%), Cholesterol: 0mg (0%), Sodium: 3.59mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin C: 9.91mg (12.02%), Manganese: 0.06mg (2.95%), Vitamin B6: 0.03mg (1.5%), Fiber: 0.34g (1.35%), Vitamin A: 60.52IU (1.21%), Vitamin K: 1.12µg (1.07%), Potassium: 35.23mg (1.01%)